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ROASTED CHICKEN TAPENADE WRAPS PACKED WITH LOADS OF FLAVOUR {page 32}

MISTAKEN

BANKS WON'T CORRECT PEOPLE WHO THINK SHE'S HANDLER

{page 23}

CALGARY metro®
Thursday, August 18, 2011
www.metronews.ca
News worth sharing.

Stations in jeopardy

- Police currently exploring ways to slash millions from annual budget
- Union rep says offices will be among first to go

JEREMY NOLAIS/METRO

▶ Rosemarie Foley has spent more than two decades serving as a police volunteer. She believes community stations play a vital role in public safety.

Community-based police stations could be boarded up as part of an ongoing budget audit, and that has some Calgary residents worried their safety may be threatened.

Metro has learned city officials are now requesting that at least $10 million come off the policing books next year.

At the Brae Centre Community Station, volunteers have already started emailing local officials to express their concerns over potential closure.

"We can't sit back and wait," said co-ordinator Rosemarie Foley. "It is very concerning."

Hafiz Ali owns the Braeside Pharmacy near the station. He believes having law enforcement in the area has helped deter potential drug thieves.

"I don't know about other areas but we need some support in this end," he said.

Calgary Police Association president John Dooks said he believes stations like Brae Centre will be among the first assets to go.

"It is extremely unfortunate that we have to look at cutting these types of facilities that have been advantageous to the community and a resource for us," he said.

Calgary police spokeswoman Emma Poole said no formal decisions have been made on closures yet, but noted the efficiency of community-based stations is being evaluated.

"Certainly the chief has no intention of cutting any people.... Police officers keep people safe, buildings don't," she said.

Foley, meanwhile, remains optimistic that officials will find a positive resolution.

"The time we give here is crucial," she said. "We help keep the area safe."

JEREMY NOLAIS

Station locations

Storefront. There are currently six community or storefront police stations in Calgary. They are located in the communities of Braeside, Silver Springs, Riverbend-Ogden, Victoria Park as well inside Chinook Centre Mall and Market Mall.

Health care

ER wait times a hit online

- Around 200 to 300 daily visitors a day
- Web page to be made available in other parts of Alberta {page 3}

Signal change limbo

Charities not sure if they can accept older TVs {page 8}

Circumcision gone wrong?

Dispute between surgeon and penis amputee goes to trial {page 12}

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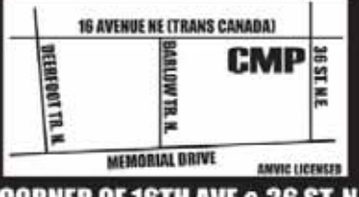

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'No-roll' zones were made clear to vendors: Mayor

Food vendors were aware of the city's "no-roll" zones before hitting the streets, according to a release from the mayor's office.

Following media reports that some areas of the city were not allowing food trucks, the mayor's officer provided clarification yesterday.

Before the pilot project was initiated, vendors as well as Business Revitalization Zones were part of the discussions and there was an understanding some areas of the city would be off-limits for food trucks, says the clarification.

METRO

Teen found guilty in C-Train rape

A 16-year-old Calgary teen was found guilty of sexual assault yesterday after the rape of a woman who fell asleep at a C-Train station last winter.

The 19-year-old female victim had apparently fallen asleep behind the ticket machines at the Heritage LRT station after missing the last train.

The incident was caught by surveillance cameras at the station but was not seen until the incident was reported to Calgary Transit.

A sentencing decision for the teen will be made in the future. METRO

Health Care Options
Urgent Care Centre Information
What Are Emergency Wait Times?
Action on Emergency Department Lengths of Stay
Back to Data & Statistics
Calgary Emergency Department Wait Times
If you are in need of serious medical attention, please call 911 or go directly to your nearest emergency department
Estimated wait times are updated every 2 minutes and are approximate because new patients arrive frequently (see the disclaimer).
Calgary Emergency Departments
Aug 17 8:58 a.m.
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For Patients 17 & Under
00 : 30
HOURS MINUTES
Foothills Medical Centre
01 : 05
Peter Lougheed Centre
01 : 11
Rockyview General Hospital
01 : 49
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ALBERTAHEALTHSERVICES.CA
The estimated waiting time to see a physician in Emergency approximate and is for informational purposes only. Please remember, we provide care to the most critical cases first. (more...)
FAQs - Understanding wait times
Urgent Care Centres Wait Times
An option for unexpected, but NON-life threatening health concerns. Find out more about treatment at urgent care centres.
South Calgary Health Centre
(8:00 am–10:00 pm)
01:00
Sheldon Chumir Health Centre
(open 24 hours)
00:40
Airdrie Regional Health Centre
(8:00 am–10:00 pm)
Wait Times Unavailable
Cochrane Community Health Centre
(8:00 am–10:00 pm)
Wait Times Unavailable
Okotoks Health and
Wait Times

▶ Since launching three weeks ago, Alberta Health Service's live-wait-times web page is seeing a steady amount of traffic.

Online ER wait times click with Calgarians

Site with live emergency-department wait times was launched three weeks ago AHS plans to launch similar web pages throughout Alberta

KATIE TURNER
@METRONEWS.CA

Roughly one-quarter of the people going to emergency departments may be checking wait times online before heading to Calgary hospitals, according to Alberta Health Services.

Last month, AHS launched a web page that updates wait times in the city hospitals and urgent care centres every two minutes.

"Right now, we're getting ... between 200 and 300 daily visitors (to the web page)," said Kathryn Kranenburg of AHS. "Bearing in mind that our total population that access the (emergency departments) on average per day is between 700 and 800 people."

When Calgarian Rea Sauter needed a wound on her finger redressed last week, she decided to test the accuracy of the wait times posted online.

"I tweeted the night as a bit of an experiment," she said.

Sauter said the original time posted for the Sheldon Chumir Health Centre was two hours and 19 minutes when she arrived — but it was just over an hour before she was seen by a doctor.

"It would be something I would check on my phone for sure," said Sauter of the web page.

Kranenburg said the web page is only intended to be "another tool in the toolbox," and said she expects the number of users to increase as awareness grows.

Expansion plans

- Over the next few years, the web page will be made available in other areas of Alberta, said Kranenburg.
- Edmonton will have a similar page when software becomes available.
- Kranenburg said the goal is to launch in Edmonton within the next year.

1 news

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How much video-blog-worthy material can one gather at the Vancouver airport? A contest winner is banking on 80 days' worth. Video at metronews.ca

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New local app gives bikers map of city pathways

KATIE TURNER
@METRONEWS.CA

Cyclists can now access city pathways with the touch of a screen thanks to the introduction of a new local app.

Emily McCann of Flipp Advertising said they decided to build the Bike YYC app after plenty of input from the biking community.

"It's been in the store for over a week now and we've had close to 1,000 downloads in the first week," said McCann.

"We've had really supportive feedback. A lot of people have mentioned they've been waiting for something like this for a long time."

The app allows bikers to view designated city paths and shared roads for cyclists, as well bike shops around Calgary.

Updates to the app will include cycling news from Bike Calgary.

"We're actually working on the next version ... that would be a little more comprehensive," McCann said

707

According to the city's website, there are more than 707 km of pathways and 260 km of on-street bike routes in Calgary.

More on app

- The city recently approved a comprehensive cycling strategy for the city.
- Bike YYC was updated with additional maps yesterday.
- The app can be downloaded for free on iTunes.
- More information can be found at bikeyyc.ca.

Driver gets fine for fatal crash

A central Alberta man has been fined $115 for a traffic violation that killed a motorcyclist.

Brett Bardenhagen, 26, pleaded guilty in Rocky Mountain House court.

He was charged with making an unsafe left turn last September on a road in Clearwater County.

Bardenhagen was pulling his truck out of a driveway and onto the road when William Tomlinson hit the passenger side with his motorbike.

The fine was the maximum the judge could impose under the Traffic Safety Act.

THE CANADIAN PRESS

Victim impact

- The courtroom was filled with emotion as Tomlinson's wife and his three daughters read from their victim-impact statements.

JOHN ULAN/THE CANADIAN PRESS FILE

▶ Alberta Finance Minister Lloyd Snelgrove speaks to the media at the Alberta legislature in Edmonton on June 29.

Oil to lead Alberta back to black, says Snelgrove

Expenditures have risen $650 million, primarily due to nearly $500 million for Slave Lake recovery

Alberta is on track this year to slash its multibillion-dollar deficit by more than half, but Finance Minister Lloyd Snelgrove admits the global debt crisis has put everything in flux.

Alberta was budgeted to run a $3.4-billion deficit for the fiscal year ending next March. Snelgrove said the deficit is now projected to be $1.3 billion due mainly to higher revenues from oil production and selling drilling leases.

Officials say the numbers were crunched in early July to be ready for release in mid-August, before the current crisis that has sparked fears of a double-dip recession.

Revenue is expected to rise by $2.7 billion to $38.3 billion.

"We're not immune from a global contraction," Snelgrove said yesterday after revealing first-quarter figures for the 2011-12 budget year.

He acknowledged that the rosy predictions are based on a barrel of West Texas Intermediate oil fetching $97.85 US. It is currently trading at less than $88.

But if the projections are realized and the economy continues to grow, the province could even balance the books by fiscal year end, Snelgrove suggested.

"I think there's a very real chance that at the end of this year we will be back in the black."

THE CANADIAN PRESS

Provincial funds

- Alberta's Sustainability Fund — the money used to cover budget shortfalls and other emergencies — was originally pegged at $5.3 billion, but is now expected to come in at $9.7 billion.
- The Heritage Savings Trust fund sits at $14.5 billion — up $1 million.

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Determined Filipino family ignores skeptics to succeed in Canada

When Erick Alfonso meets immigrants who feel overwhelmed, he gives them hope by telling his own family's story. In fact, the Manila native and his wife achieved personal success in a remarkably short time, by ignoring skeptics who scoffed at their Canadian dreams.

Now working as a Manager of Customer Service at Scotiabank in Calgary, Alberta, Erick remembers how friends discouraged them from immigrating to Canada with their five young children.

"They told us that you need Canadian experience to find a job," recalls the former IT project manager at a Philippine bank. "But we decided to try because we knew it was a good country to raise our kids."

Upon arrival in Canada in 2006, the Alfonsos discovered that many Filipino compatriots were juggling low paying jobs to survive. While Erick also took a temporary factory job to pay the bills, he refused to give up hope.

"A friend told me to open my first bank account at Scotiabank, and the teller was so helpful that I decided to submit my resumé," recounts Erick. To his amazement, the branch manager hired him within a month as a casual teller, and two months later, gave him a full-time customer support role.

"I was lucky that Scotiabank gave me the chance to prove myself," notes Erick, who has risen through the ranks and now serves many Asian customers at Calgary's Castleridge Centre Branch. "I can relate to them because I remember arriving with no bank account and no permanent address. The Scotiabanker explained everything to me, and I try to do the same for others today."

For example, Erick recommends the ***Scotiabank StartRight***® Program[1] for Newcomers, which includes a free day-to-day bank account for one year[2], a wide range of VISA* card options[3] and a number of other customized services and benefits. He also provides plenty of first-hand financial advice.

"Since many newcomers arrive with personal savings, I help them invest their savings wisely, including short-term investments such as a Tax-Free Savings Account (TFSA), which lets them earn tax-free income that they can access later for other needs," says Erick.

He also explains the importance of building a Canadian credit history. "Some newcomers are afraid to use a credit card, but I tell them how it can help them achieve other goals if they use it responsibly."

Erick also gives pep talks on job searches, based on his experience and that of his wife, Maria Rosario, who within a year moved from a temporary accounting job to accounting manager with a local firm.

"We didn't do anything special, but we were determined. By believing in ourselves and supporting each other, we got through each difficulty," says Erick. "It is possible – If you show what you can do, you can build the right connections and open the door to a new life in Canada."

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[1]The *Scotiabank StartRight* Program, created for Canadian Landed Immigrants from 0-3 years in Canada, International Students and Foreign Workers.
[2]The Contest commences at 12:01 a.m. (ET) on April 1, 2011 and ends at 11:59 p.m. (ET) on March 31, 2012 (the "Contest Period"). No purchase is necessary. To enter this Contest, entrants must register online at startright.scotiabank.com/srcontest. There will be one (1) Grand Prize awarded consisting of a ten thousand dollar (CAD 10,000) cheque payable to the winner and deposited into the winner's *Scotia Powerchequing*® account. The Grand Prize winner will be randomly selected on April 2, 2012. There will be three (3) Secondary Prizes awarded, each consisting of a three thousand dollar (CAD 3,000) cheque payable to each winner and deposited into each winner's *Scotia Powerchequing* account. One (1) Secondary Prize winner will be randomly selected on each of the following dates – August 2, 2011; December 1, 2011; April 2, 2012. Entrants in each draw period that have not been selected as a winner will be entered into the subsequent draw. Chances of winning depend on the total number of eligible entries at each draw date. This Contest is open to residents of Canada that have reached the age of majority in their province or territory of residence by the start of the Contest Period. Employees of The Bank of Nova Scotia, Carlson Marketing, Capital C, Rapp (and persons domiciled with them and immediate relatives) are not eligible to enter. Only one entry per person is permitted. Correctly answering a skill-testing question is required to be officially declared a winner. For full Contest details, go to **startright.scotiabank.com/srcontest**.

KILIMANJARO CLIMB

Soldier uses prostethics and scales mountain

A Calgary soldier who lost both legs while serving in Afghanistan is among a group of climbers to summit Africa's highest peak.

Mark Fuchko completed the Kilimanjaro Climb 2011 in support of Edmonton's Royal Alexandria Hospital.

Fuchko was forced to endure years of difficult rehabilitation after losing both legs in March 2008.

For the climb, Fuchko relied on the use of prosthetics. When interviewed by Metro earlier this year, the determined soldier said he initially believed his injury was a "death sentence."

For more information on the Kilimanjaro Climb, visit kilimanjaro.royalalex.org

METRO

Search on for arson suspect

Police are asking for help finding a man who torched a 2010 Jeep Wrangler on May 22 in the 500 block of Heritage Drive Southeast. You can contact police or Crime Stoppers. METRO

Pricey machinery found

Stolen machinery from Leduc, valued at $500,000, was found at a property in Balzac on Monday. A local man has been arrested and charged in relation to the incident. METRO

Hands-free sales boom

- Distracted-driving legislation comes into effect Sept. 1
- Talking on cellphones, reading will be prohibited

JEREMY NOLAIS
@METRONEWS.CA

Local retailers report a surge in sales of hands-free communications technology, as Alberta motorists brace for the province's new distracted-driving laws.

The legislation comes into effect in less than two weeks and prohibits cellphone use along with other attention-diverting activities.

ACS Distributors, a Calgary-based automobile-accessories wholesaler, has already doubled sales of hands-free devices over the past month, said accounts manager Bryce Brunner.

He expects sales to continue to rise once enforcement of the legislation begins.

JEREMY NOLAIS/METRO

▶ Colin Jones with Quality Handsfree Solutions has been outfitting Calgary vehicles with hands-free technology.

"In talking with other provinces that already have the law in place ... they get a huge increase, a huge bubble, it lasts maybe two weeks or a month and then it tapers off."

Colin Jones, director of Calgary's Quality Handsfree Solutions, is counting on the boost in sales. He is actively recruiting new staff to help meet expected demand for installation of vehicle audio kits.

"We have had a lot of questions ... whether it's from business or just everyday drivers," said Jones, who has already seen a 15-20 per cent rise in customers.

The law

- Violators of Alberta's distracte -driving legislation will be hit with a $172 fine.
- Enforcement of the new laws can begin Sept. 1 but Calgary police have maintained they will try to educate motorists early on.
- The Alberta Motor Association has announced it will start a pledge campaign later this month encouraging motorists to drive without distraction.

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OILSANDS

Statoil to plead guilty

An Edmonton court has been told that Norwegian energy giant Statoil will admit to at least some environmental infractions in relation to its oilsands operations in northern Alberta.

"There will be a guilty plea," Crown prosecutor Susan McRory told a judge yesterday.

"We're looking at creative sentencing options," she said. "That's a labour-intensive process."

The company was charged in February under provincial laws with 16 counts of improperly diverting water for use at its in-situ site near Conklin.

THE CANADIAN PRESS

Aquatic rescue team member honoured

A member of the Calgary Fire Department's aquatic rescue team will be awarded with the Kevin Brown Memorial this morning. This year marks the 20th anniversary of the award.

METRO

Driver accused of sex assault

Mounties have charged Steven Shadbolt, 41, of Wainwright with sexual assault after stopping a vehicle outside of Saskatoon.

A 19-year-old woman told police the male driver had sexually assaulted her.

Shadbolt is facing various charges.

THE CANADIAN PRESS

Signals crossed on TV changes

KATIE TURNER/METRO

▶ LeeAnne Alexander of NeighbourLink said they're questioning whether or not to accept older televisions, as some may not be useable without a digital converter.

Canadian television stations will switch from analog signals to digital on Aug. 31 Goodwill Alberta has stopped accepting older televisions

KATIE TURNER
@METRONEWS.CA

Charities are questioning what televisions they can accept on the cusp of the transition from analog to digital television.

LeeAnne Alexander of NeighbourLink said they currently have 90 televisions in their warehouse after a donation from a hotel but are wondering if the sets will be useful to clients.

"We're still exploring whether or not we're going to be able to continue accepting older televisions because if they're not going to be useful for our clients, there's no point in us taking them," she said.

Out with the old?

- The Canadian Radio-Television and Telecommunications Commission (CRTC) is making the change to free up airwave space.
- The switch could impact those with older televisions or viewers who use rabbit ears to retrieve a signal.
- TVs older than five years will need a digital converter, according to Dion Legroulx, manager at Sunridge Best Buy.

Dion Legroulx, manager at Sunridge Best Buy, said many people think they need to replace their TVs but instead they can purchase a digital converter.

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Click! You just voted

Elections chief wants online ballots Present system inefficient and expensive, Mayrand says

The next time Canadians go to the polls in a federal byelection, it could just mean booting up their computers.

Canada's chief electoral officer says he's committed to seeking approval for a test of Internet voting in a byelection held after 2013.

Marc Mayrand also says Elections Canada wants to expand other services offered online.

In his report on the May 2 federal election, Mayrand says it's clear Canadians are demanding more ease and flexibility in voting.

Elections Canada "needs to explore more efficient processes for conducting the vote," Mayrand says in the report.

THE CANADIAN PRESS

An archaic ban?

- Mayrand doubts there was widespread flouting of a rule that prohibits publishing election results in areas where the polls are still open.
- The Internet age makes the rule archaic, Mayrand says.

Stranded. Just like Tom Hanks

▶ Jaeger Mah greets the media after stepping off a Learjet yesterday at Vancouver's airport. It will be his home for the next 80 days while he tells the airport story. "There's a thousand cultures walking through here every day," he says.

PHYLICIA TORREVILLAS/METRO

He looks like a tourist, but he's going nowhere

Jaeger Mah watched the Tom Hanks movie The Terminal the night before he turned up at Vancouver's airport yesterday. The film, about a man trapped at New York's JFK, is decidedly apt — Mah will be stranded for 80 days at YVR. The Hanks movie gave him "some inspiration," said Mah, 29, who won a contest that allows him to live at the airport for 80 days and tell his story online. Mah says he'll be "meeting people who work here, who work on the tarmac, who work in traffic control." Follow him at liveatYVR.ca.

Chief won't rush Stanley Cup riot probes

MATT KIELTYKA
IN VANCOUVER

The surge of public impatience over the lack of charges stemming from Vancouver's Stanley Cup riot two months ago came to a head yesterday.

Under-siege Vancouver police Chief Jim Chu, whose department has not had any riot-related charges approved, addressed media and stressed that "hundreds" of charges will be laid — but only after thorough investigations.

"If you are in favour of speed, you are in favour of more acquittals and lighter sentences," Chu shot back amid intense scrutiny from media, the public and commentators.

"If we rush cases to court, we risk losing them by being ineffective and inefficient."

Comparisons are being made with the riots in England, where police have laid more than 1,000 charges.

But Chu said given the nature of the violence, demographics and the policing and legal framework, the two situations are simply "incomparable." "The short answer is that Canada is not Britain," he said.

Meanwhile, former Vancouver Olympic Organizing Committee head John Furlong and former Nova Scotia deputy minister Doug Keefe are expected to wrap up their review of the riot by Aug. 31.

A night in June

- Police have identified and are investigating 259 separate criminal events on the June 15 night of rioting.
- More than 1,600 hours of riot footage will be sent to a U.S. processing lab.

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AMVIC LICENSED

Experiment tests the Bacon theory

- Facebook and Yahoo set out to prove six-degrees idea
- Expert: Nearly 'all people have a path to each other'

You and the rest of the 750-million-strong global Facebook army might finally be able to prove if "six degrees of separation" is real.

A social experiment devised by Yahoo Labs using Facebook's vast web of connectivity is designed to come as close as possible to the truth of the elusive "six-degrees" idea.

Popularized in a film and bolstered by actor Kevin Bacon's career, the theory says everyone in the world (or at least in Hollywood) is just six social connections away from everyone else.

"Pretty much everyone is connected," sociologist Duncan Watts told the Toronto Star yesterday. "99.99 per cent of all people have a path to each other."

MICHAEL TRAN/GETTY IMAGES

▶ Kevin Bacon

Watts is a Columbia University professor and principal researcher at Yahoo Labs, which devised the Small World Experiment.

"As big and diverse as Facebook is, it's not as big and diverse as the whole world," Watts admitted. "But this is a huge step forward from what was possible."

Watts himself tested the "six-degrees" theory a decade ago with email. The original "small world" experimenter, social psychologist Stanley Milgram, used handwritten and posted letters.

As with Milgram, Watts anticipates the big problem will be whether the connecting messages get passed on. But with Facebook's enormous database, researchers will at least know whether connecting strangers is impossible or "if people just didn't look in their inbox."

TORSTAR NEWS SERVICE

Dispute over penis amputation goes to trial

The dispute between a Kentucky man and a surgeon over the necessity of amputating the patient's penis during surgery in 2008 is set to go to trial this week.

The doctor maintains he found cancer in the man's penis during surgery and that it had to be removed, according to the physician's attorney. The patient claims the surgery was supposed to be a circumcision and he never authorized the amputation, nor was he given a chance to seek a second opinion.

Jury selection begins today in the lawsuit brought by Phillip Seaton of Waddy and his wife, Deborah, against Dr. John Patterson of Louisville. Attorneys hope to start opening statements this afternoon.

The Seatons sued Patterson in Shelby County Circuit Court in 2008 after an operation that resulted in the amputation.

THE ASSOCIATED PRESS

Big. Celebration

▶ Indonesian men participate in a greased-pole-climbing competition yesterday, held as part of an independence day celebration in Jakarta.

DITA ALANGKARA/THE ASSOCIATED PRESS

Indonesia throws party

This year, Indonesia is celebrating its 66th anniversary of independence from the Netherlands. In the pole-climbing competition during yesterday's festivities, contestants raced up to grab items ranging from buckets to bicycles hanging from the top of the poles as prizes.

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RYAN TAPLIN/METRO IN HALIFAX

▶ John Gilhen, curator emeritus at the Museum of Natural History in Halifax, points out the teeth on a great white shark yesterday.

Museum displays shark head

Rows of serrated teeth on a fierce-looking jaw surfaced from the murky water yesterday. But this shark is no longer a fierce predator: It's the head of a great white being kept in a bucket housed at the Natural History Museum in Halifax.

The shark was caught in a fishing weir in the Bay of Fundy near the community of Economy, N.S., overnight on Aug. 6. Its head was recently taken to the museum for study and eventual display.

It's the only head of a great white at the museum.

"We get reports of sharks all the time, every summer in Nova Scotia. Sometimes they say it was a white shark but we don't have the evidence," said John Gilhen, a curator at the museum.

"This is solid evidence they're here."

But don't stay away from the beach.

"I don't think we need to be concerned about that, but having said that, if there's a shark in the water get out," said Gilhen.

Atlantic Canada is the northern limit of the great white's territory as they hunt seals and porpoises.

"They bite the tail off so the porpoise can't swim away, then they just circle around and eat the rest of it," Gilhen said.

JENNIFER TAPLIN IN HALIFAX

Welcoming. The Pope

▶ Riot police officers clash with demonstrators yesterday during a protest against the visit of Pope Benedict XVI in Madrid.

Protesters march through Madrid in advance of Pope's four-day visit

Dad forced to wait

Sailor has received more than 250 photographs of his new baby via email Charlottetown will be handing off command to HMCS Vancouver today

JENNIFER TAPLIN
@METRONEWS.CA
METRO CANADA IN HALIFAX

RYAN TAPLIN/METRO

▶ Lt.-Cmdr. Matthew Coates

▶ Meghan Coates snuggles her one-month-old son Nathaniel in their Bedford, N.S., home yesterday.

The closest Lt.-Cmdr. Matthew Coates has come to holding his son is putting up photos in his bunk in HMCS Charlottetown.

He'll see his baby Nathaniel for the first time when the ship pulls into Halifax, likely on Sept. 2. The Charlottetown left Halifax in March as part of Operation Mobile in Libya.

Because of the timing of the birth, Coates wasn't able to take leave to fly home to be with his wife during delivery.

"It's challenging, and the clock isn't moving as fast as I would like," he said in a phone interview from the ship yesterday.

"It weighs heavily on your mind, but I also think, to some extent, it's not a lot different than everyone else on board who has young children."

Nathaniel was born on July 18, and Matthew won the betting pool onboard the ship when the baby would arrive.

"It seems somewhat fixed, but it wasn't fixed at all. I was within six ounces of the weight, three minutes of the time but I got the sex wrong," he said.

His wife, Meghan, who also works for the navy, said she thinks the past month has been harder on Matthew.

"Just because if anything were to happen he was just so far away. I think he felt a little helpless," she said.

Nathaniel, a healthy and happy baby, seemed blissfully unaware of the upcoming homecoming, and content to receive kisses from his mom yesterday.

"Mommy loves you," Meghan crooned. "And daddy loves you too."

EMILIO MORENATTI/THE ASSOCIATED PRESS

Pope Benedict XVI is due to arrive in Spain today for a nearly four-day visit to celebrate World Youth Day, and thousands of protesters railing against his visit marched through central Madrid yesterday to the Sol plaza, where they have held months of demonstrations against the government's anti-austerity policies. A chemistry student working as a volunteer for the pope's visit was arrested on suspicion of planning a gas attack targeting protesters, officials said yesterday.

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Stamp honours the Berry best

SEAN GALLUP/GETTY IMAGES

▶ Ah, sweet BlackBerry.

Research In Motion Ltd. and the BlackBerry are putting their mark on snail mail.

Canada Post is releasing a new commemorative stamp honouring the Canadian-invented smartphone, saying the device "freed information workers from their desks and changed the way the world communicates."

The stamp is one of four that pay tribute to Canadian inventions. The three others recognize the electric oven, the electric wheelchair and the cardiac pacemaker.

THE CANADIAN PRESS

'BUS-TED!'

Quebec firm behind Obama bus

The Quebec company that built the luxury bus being used this week by U.S. President Barack Obama is keeping mum about the stir the bus has caused south of the border.

The New York Post tabloid chastised Obama for using Canadian-made transportation during his economic recovery tour through Iowa, Minnesota and Illinois. The headline read: "Canucklehead Obama bus-ted!"

Steve Ziegler, director of business development at Prevost, in Ste-Claire, Que., says the company designed only the outer shell of the $1.1 million VIP H3-45 bus.

The interior was done mainly by a Tennessee company, and the U.S. Secret Service — which ordered the bus — put in a few finishing touches.

Whether that includes the codes to the U.S. nuclear arsenal, as some reports suggest, Ziegler wouldn't comment.

"We're not really at liberty to talk about them, because it's Secret Service," he said.

THE CANADIAN PRESS

Big Tobacco fuming over graphic labels

U.S. lawsuit against the FDA calls for ban of 'emotional,' 'manipulated' cigarette-pack warnings ◐ Government-mandated labels must constitute 20 per cent of packaging, which companies say obscures their logos

THE ASSOCIATED PRESS

▶ The tobacco companies' lawsuit says the new warning labels were manipulated to be especially emotional. They say the corpse photo is really an actor with a fake scar, while the healthy lungs were sanitized to make the diseased organ look worse.

Five of the largest tobacco companies in the U.S. want a judge to put a stop to graphic cigarette labels that feature images of a sewn-up corpse and diseased lungs, saying they unfairly urge adults to shun their legal products and will cost millions to produce.

The companies sued the federal government yesterday, arguing that the warnings violate their free-speech rights.

They say the warnings no longer simply convey facts to allow people to make a decision on whether to smoke. They instead force them to put anti-smoking advocacy more prominently on their packs than their own brands.

The U.S. Food and Drug Administration refused to comment yesterday. But when the labels were announced in June, the FDA called them frank and honest warnings about the dangers of smoking.

The FDA approved nine new warnings to rotate on cigarette packs. They will be printed on the entire top half, front and back of the packaging.

The tobacco companies say the labels will cost them millions of dollars for new equipment so they can change from warning to warning and designers to make sure the labels meet federal requirements while maintaining some distinction among brands.

THE ASSOCIATED PRESS

Market moment

PRICES AS OF 5 P.M. YESTERDAY

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Oil	Natural gas
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Facebook faceoff starts today

Facebook attorneys appear poised to ask a judge to throw out a lawsuit by a man claiming ownership of the social network after finding what they say is proof the case is baseless.

Lawyers for Facebook and its founder, Mark Zuckerberg, are due in federal court in Buffalo, N.Y., today opposite attorneys for Paul Ceglia, who says he has a 2003 contract making him half-owner of Facebook.

Facebook says the contract is a doctored version of a document their experts found on Ceglia's computer from when the two men worked together on an unrelated project.

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HOW TO PUT A LITTLE SPRING IN YOUR STAGGER

HE SAYS ...

JOHN MAZEROLLE
METRO

I have a no-nonsense, well organized office in my apartment that looks like a place where work gets done. It looks that way because nobody uses it. I think about it while I drink beer in my neighbourhood bar.

I am a barfly. Wherever I've lived, a bar has been my second home. The current pub is where I go when it's too cold, where I hide when there's lightning, and it's where I fled after separating from my then-wife.

You see how the place gives off good vibrations.

Why this bar in particular? It fits my demanding criteria of being very, very close to my apartment. I enjoy its five-star adjacency ranking and its world-class proximity. If I'm ever writing Zagat reviews, my top rating will be NEARBY!

Truth is, if there were a laundromat closer with some detergent fumes and a vending machine, I'd hang there.

"It fits my demanding criteria of being very, very close to my apartment. I enjoy its five-star adjacency ranking and its world-class proximity. If I'm ever writing Zagat reviews, my top rating will be NEARBY!"

Not that the bar is devoid of charm. It's one of those proudly middle-of-the-road places that describes everything on the menu as "our very own," as if they have a cow out back they're getting their burgers from.

Countless hours in this place have made me well-versed in barflyedness and, in the spirit of pubs everywhere, I offer the following unsolicited advice about the ins and outs. Because you remind me of me at that age.

Talk the talk: Remember that everybody at the bar worked harder than you did that day, and are so friggin' tired and, oh, man, you don't even understand. But it's all cool, no biggie, they do it all the time.

When you join this conversation, because you worked harder than everyone else too, make sure to roll one of your shoulders and wince as you talk.

Tip well: Even if the service is terrible, if you're a regular you have to tip 15 per cent. Because if you got bad service by accident, you don't want to see the bad service you'll get when they do it on purpose.

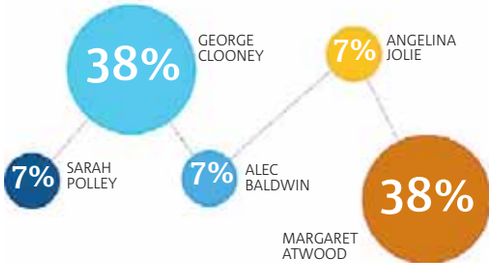
Spread your empties: Be sure to scatter your empty beer bottles around your table so anybody looking has the impression there's a multi-person party going on, and if they look back later they'll see the many GQ-quality men and buxom redheads who have only temporarily stepped away from the table. If anyone is around long enough to know it's just you and Alexander Keith, well, how long have THEY been there?

Follow these tips and you'll be the top tippler you can be. Remember: If you're going to be mediocre, you should be the best at it. Cheers!

Read more of John Mazerolle's columns at metronews.ca/hesays

Register at metropolitanpanel.ca and take the quick poll

Which celebrity would you most like to see run for office?



Local tweets

- **@kettx:** #yyc don't even attempt to go eastbound on the train today
- **@ScotlandsShame:** My Twitter dream is that one day Food Trucks will outnumber my friends on my following list. #YYC #FoodTruckFrenzy
- **@HappyChe:** An accident at 9 in the morning? Are you sh----ng me calgary? #yyc
- **@jermynvoon:** Aaaaah Can't believe the summer will be done in 4 weeks! :-(#toofast #summer #yyc
- **@kseniathurgood:** nothing like seeing your husband die prior to 10am. #audition #yyc #tv
- **@ebouwsema:** Just saw someone walking their dog in a flak jacket??? #yyc
- **@kimberlybudd:** My travel agent fails to see the difference between London and Lisbon. Which is really worrysome, considering I'm going to Calgary... #yyc
- **@BrittyKaay:** #overthesummer i realized, we haven't really had much of a summer #nosurprisethere #yyc
- **@distinctseo:** admittedly i can't wait for my yellow pages. It's the only thing that props up one side of my BBQ #yyc #yeg

Letters

DAIRY. Canada's Food Guide needs to remove dairy.

There is little, if any, evidence that eating dairy prevents osteoporosis or fractures, and there is considerable evidence that high dairy product consumption is associated with increased risk of fatal prostate and ovarian cancers (Harvard School of Public Health). The drinking of cow milk has been linked to iron-deficiency anemia in infants and children; it has been named as the cause of cramps and diarrhea in much of the world's population, and the cause of multiple forms of allergies as well; and the possibility has been raised that it may play a central role in the origins of atherosclerosis and heart attacks.

Dr. Ellis says dairy products are "simply no good for humans... There is overwhelming evidence that milk and milk products are harmful to many people, both adults and infants. Milk is a contributing factor in constipation, chronic fatigue, arthritis, headaches, muscle cramps, obesity, allergies and heart problems."

DEKKER FRASER
BURNABY

Cartoon by Michael de Adder

WEIRD NEWS

The bare bones of Sweden's real estate market

A Swedish real estate agent has an unusual piece of property up for sale: A five-bedroom house, complete with medieval tomb and skeleton in the cellar.

The central Visby town house on the Baltic Sea island of Gotland was built in 1750 on the foundations of a Russian church. The kitchen lies on the presbytery, and the tomb containing the skeleton — visible through a glass panel — is in the cellar.

The real estate agency's owner Leif Bertwig says there is no reason to be afraid as the skeleton "lies in consecrated soil and rests in peace."

Bertwig said yesterday the remains likely belong to a Russian man who died some 800 years ago.

The asking price for the house is $640,000 US.

THE ASSOCIATED PRESS

JOHN AREDAL/THE ASSOCIATED PRESS

▶ The skeleton of a man believed to have died 800 years ago.

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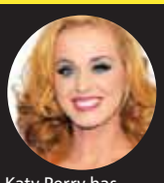
2 scene

News in brief



Katy Perry has proven she's a multi-hit wonder, becoming the first woman to score five No. 1 songs from one album on the Billboard Hot 100 chart. Her song Last Friday Night (T.G.I.F.) is the latest No. 1 from her platinum album Teenage Dream.

THE ASSOCIATED PRESS

Broadway's The Lion King puts on a special show for autistic kids, families. Scan code for more.

GLOBALFEST ONEWORLD FESTIVAL

▶ Each night features a country competing for firework festival victory.

Calgary's colours burst

Large-scale pyrotechnics to be on full display in event put on by Fireworks Festival Society

BACKSTAGE PASS

JENNIFER LARAWAY
METRO CALGARY

Perseverance pays off — it might as well be the motto for the organizers of The GlobalFest OneWorld Festival.

The groundwork for the event began in 1993 with the formation of The Calgary Fireworks Festival Society. It took the organization nearly a decade to find the perfect venue that not only matched what they envisioned but met all the safety requirements as well.

Where most people would have given up, The Calgary Fireworks Festival Society only pressed on. Their determination finally paid off.

"There were many potential sites, but none combined the suitable large viewing area, safety regulations, and ability to allow large-scale pyrotechnics to be launched," explains Marketing and Communications Director Bryan Francisco.

"It wasn't until 2001 when the Society discovered Elliston Park in Calgary's Greater Forest Lawn district that the dream could now become reality."

20

This year's festival features 20 cultural pavilions, 12 ethnic food booths, and three performance stages.

Thanks to a relentless team, GlobalFest made an international name for itself in two short years.

"On the fourth and final night of the international festival, GlobalFest celebrated a remarkable accomplishment," shares Francisco. "The festival had attendance close to 100,000 in the very first year."

Although it's only Francisco's second year with this Calgary sensation, he says he has gained unprecedented event experience.

"Fireworks are an art form. It would do no justice to even try to describe the things I've seen and heard people do with pyrotechnics and music," he says.

They certainly put on quite a show and as final preparations for this year's festival are underway, Francisco assures they will not disappoint.

"You want to be near the beer gardens at precisely 7 p.m. on Sunday, Aug. 21 (Philippines Night). I can't say why. I can only say you'll be a part of a very special surprise that we have never tried before."

Tickets to the event are $15 per night. Festivities run from 6:00 to 11:30 p.m. on Aug. 19, 21, 23, 25, and 27 in Elliston Park (17 Ave. and 60 St. SE).

See globalfest.ca for more details.

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Yelchin gets 'freaked out' in Fright Night

Anton Yelchin stars alongside Colin Farrell in new film

NED EHRBAR
SCENE@METRONEWS.CA

MWN IN HOLLYWOOD

Anton Yelchin's boyish looks are working against him.

"I am not necessarily attracted to playing high schoolers anymore. Like, I got pretty over it," he says. "I haven't been to high school in five years. I don't really want to do a high school movie anymore, ever."

While his character in his latest film, Fright Night, is a high school student, he's quick to point out that's not a major plot point. In fact, once the action gets going — Yelchin's Charlie discovers his smooth-talking neighbour Jerry (Colin Farrell) is actually a vampire — it doesn't matter how old Charlie is as much as how scared he is, which was a major focus for Yelchin.

"There's no, 'Oh, I have two minutes to run to the bathroom? Great.' It's like, 'I need 15 minutes to do what normally takes 30 seconds.'"
ANTON YELCHIN ON WEARING A VAMPIRE-HUNTING SUIT

"It adds to Jerry's menace," Yelchin says. "The more freaked out he is, the more serene Jerry can be and the more menacing he can be. Because you are Charlie, you're the one that's getting freaked out that something's going to happen."

But the two stars didn't feel the need to stay away from each other off-camera to master that dynamic, though some actors might've gone that route.

"I've never really done that with anyone unless I needed to; unless I really felt like I couldn't do this without just staying in it," he says. "We seemed to get along pretty well. We definitely weren't like, 'You stay in one corner and I'll stay in another one,' you know what I mean?"

Besides, there were plenty of other factors to the horror movie shoot for Yelchin to contend with.

"Some of the shooting was difficult," he admits.

"The hours, inevitably as the movie's coming to a close, get longer and longer, so you get more and more tired, but we had a great time because the people are really great."

He also got to play some dress up, as Charlie dons an impressive homemade vampire-hunting suit late in the film, something he'd be delighted to see fans wearing at next year's Comic-Con.

"They will very quickly discover how uncomfortable that outfit is," he says.

"It was so hot. It's fireproof. I don't even know what that material is. It might as well have been bulletproof, too. It looked cool. At the end of the day, that's all that matters."

Comfort aside, the suit offered some logistical issues: "You have to pick and choose the hours that you're going to go to the bathroom," Yelchin says.

If Yelchin is looking to keep himself from hitting up homeroom again, then his next role, Like Crazy, is a step in the right direction.

"We're in our 20s in Like Crazy, so it had nothing to do with high school. It's about kids in college, young men and women after college trying to figure out — in a very serious way — what was going on with their lives," Yelchin says.

"It was a completely different universe. It was like the universe that I feel I inhabit more and more — just life after college, what do you do with yourself?"

HANDOUT

▶ Anton Yelchin is shown in a scene from the horror film Fright Night.

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Abercrombie & Fitch unhappy with 'Sitch'

Jersey Shore star offered money to stop wearing preppy brand of clothes

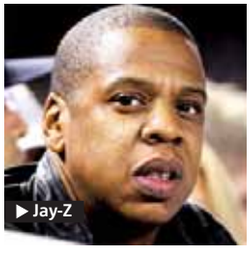
ALL PHOTOS GETTY IMAGES

▶ Jersey Shore's the Situation.

Clothing company Abercrombie & Fitch is apparently so displeased with Jersey Shore star Mike "the Situation" Sorrentino wearing their wares that it's willing to pay him to stop.

"We are deeply concerned that Mr. Sorrentino's association with our brand could cause significant damage to our image," the company said in a press release, according to CNN. "We believe this association is contrary to the aspirational nature of our brand, and may be distressing to many of our fans. We have therefore offered a substantial payment to Michael "the Situation" Sorrentino and the producers of MTV's The Jersey Shore to have the character wear an alternate brand. We have also extended this offer to other members of the cast, and are urgently waiting a response." METRO

"We believe this association is contrary to the aspirational nature of our brand."
ABERCROMBIE & FITCH PRESS RELEASE


▶ Jay-Z

Jay-Z compares Beyoncé to MJ

Jay-Z may be a bit biased, but he thinks wife Beyoncé is pretty great — and possibly even the second coming of Michael Jackson.

"I know that's blasphemy to compare the two because Mike was such an innovator, but I think she's like the second coming," Jay-Z tells Miami radio station 99 Jamz. "You know, the hard work and dedication that she puts into her shows. It just makes you want to work harder at your own craft. She's like a machine." METRO

"I think she's like the second coming." JAY-Z

Depardieu's keeping it classy

French star Gerard Depardieu made quite a stink on a CityJet flight bound from Paris to Dublin recently.

While the plane was delayed on the tarmac, Depardieu asked to use the restroom and, after he was refused, reportedly relieved himself in the aisle of the plane.

"I will only confirm that he, in effect, urinated in the plane," a spokeswoman for the airline says.

After the incident, the plane had to return to the gate and was delayed for two more hours for cleaning.

It was not clear whether any action would be taken against Depardieu. METRO

▶ Gerard Depardieu

Talking points

Pitt, Jolie pay well for their train travel

NOT CHUMP CHANGE. Brad Pitt and Angelina Jolie know how to travel.

When it was time to move their six kids, extensive entourage and the 350-person crew for Pitt's upcoming zombie movie World War Z from London to Scotland, a private train was chartered, according to People magazine. The Jolie-Pitts even got door-to-door service.

"Three cars suddenly drove onto the platform from the street, pulled up alongside the train and then they all got out," a source says. "Brad was in one car with some of the kids and Angelina was in another with the others. They were all smiling and looked really happy, but then I suppose it's not every day that a kid gets to have their own train to play with." METRO

Gossip Girl is Pretty Reckless

MOVING ON Former Gossip Girl problem child Taylor Momsen says she's through with acting and is instead focussing on her band, the Pretty Reckless.

"I quit Gossip Girl and now tour and am in a band," the 18-year-old tells Elle magazine. "That's pretty much all I want to do. Hopefully, I'll be able to only do that for the rest of my life." Momsen was put on indefinite hiatus from the show last November, and in April is was announced she wouldn't be returning. METRO

Banks pretends to be Handler

GOOFING AROUND Actress Elizabeth Banks gets mistaken for comedian Chelsea Handler pretty often — and she sometimes doesn't correct people.

"A guy walked up to me and said, 'I just love your books. I mean, My Horizontal Life' … I was like, 'Oh, he thinks he's meeting Chelsea Handler.' I couldn't ruin it for him!" the actress said during a visit to Handler's talk show.

"I was like, 'It's nice to meet you.' I was just hanging out, being Chelsea, drinking my vodka and having a good time. He couldn't have been happier." METRO

Celebrity tweets

"note to self never leave lap top with twitter page open in a room full of friends!"
@MissKelly0

"yesterday my twitter was down, my internet is still not working and my boiler is broke!!! Not a great couple of days!"
@emmabunton

"Once a week I hear someone answer their phone with, "I can't talk right now." Do they think phone will explode if not answered?"
@daxshepard

"You know you've gained a few pounds if your robe is tight."
@AlbertBrooks

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Colombia from 3.9 ¢/min	Mexico from 1.9 ¢/min	U.A.E 14.9 ¢/min
Cuba 89.9 ¢/min	Pakistan 5.9 ¢/min	U.K 2.9 ¢/min
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3 life

A very Gaga Christmas

Lady Gaga and her team are going to reinterpret Santa's workshop and put it on display at Barneys. She'll get an entire floor and take over the coveted windows starting in mid-November at the retailer's flagship Madison Avenue store.
THE ASSOCIATED PRESS

Anti-aging skin care tips for men and women

Worldwide trends

There's a boatload of new shapes, prints and overall ideas to choose from for fall Before you hit the stores, refer to this guide for navigating through it all

KENYA HUNT
LIFE@METRONEWS.CA
METRO WORLD NEWS

Prada

SHAPES:
THE SIXTIES ARE THE NEW SEVENTIES

It's amazing how quickly decades come and go. Sixties flavoured A-line dresses, skirts and coats ruled the runways for collections such as Prada, Burberry Prorsum and Fendi, replacing all of those floaty '70s looks you coveted last fall. Even trousers have a new feel to them in cigarette shapes with higher hemlines.

Marc Jacobs

PRINTS:
POLKA-DOTS AND STARS ARE THE NEW STRIPES

Last season it was all about stripes. But this fall, polka-dots and stars take the prize for the trendiest print. Thank Marc Jacobs, Stella McCartney and Topshop Unique for all the spots you're seeing in the shops, while Dolce & Gabbana are behind all those dresses covered in Milky Way that you've been seeing on the red carpet.

Dolce & Gabbana

IDEAS:
MAXIMAL IS THE NEW MINIMALISM

Embellished to the hilt in crystals and glitter (Dolce & Gabbana) or patchworked to the Gods (Fendi), details and ornamentation are suddenly very important. As seen on just about every runway, more is definitely more this season. And if you're feeling really adventurous, combine them all in a single, in-your-face outfit and own it.

2

FOR LESS: FALL TRENDS ON THE HIGH STREET

THE '60S
H&M dress, $60 hm.com

SHINE AND SHIMMER
Zara jacket, $129, zara.com

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Pack-man chic

Join the fashion-pack with an accessory that's cool and yes, practical These man-bags are a trendy alternative to that old, gym club freebie or hiking holdall

In real life. Satchels

▶ Kyosuke Togami

KARL-EDWIN GUERRE

Pulling it off in real life

Follow this chap's lead and go for a manly, oversize satchel so that there's no chance of anyone mistaking your carryall for a purse, and then make all of your friends jealous at the gym.

1 TOPMAN ALTITUDE RUCKSACK

You didn't really think you'd be scaling a mountain with this on your back. This natty, retro bag is perfect for packing away your iPad, notebook and any other thing you may
$60, topman.com

2 CAMBRIDGE SATCHEL COMPANY 15" VINTAGE BACKPACK

Yes, it's incredibly quaint and British. It's more in line with academics cycling to and fro than the hustle and bustle of city life. But hey, that's part of this heritage satchel's charm.
$240, asos.com

3 FILSON MESSENGER BAG

The buffalo check brightens up any outfit from a suit to a jeans and tee combo.
$240, mrporter.com

4 WANT LES ESSENTIELS DE LA VIE O'HARE TOTE

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$227, oki-ni.com

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CONTRIBUTED

▶ Raw textures, soft colours and organic bedding make for a great spa bedroom look (Crate and Barrel).

DESIGN CENTRE

KARL LOHNES
HOME@METRONEWS.CA

As seasons change so do the trends in how we dress ourselves, and our beds.

Just back from the New York International Gift Fair & Home Textiles Market Show, I saw plenty of emerging trends in bedding and decor.

Here's some stylish and comforting ideas to help keep you in bed with the trends.

Luxurious basics

Sheets: Most people think that the higher the thread count (weaves per square inch) the better the quality.

That is often true on the lower end of sheets sets but on thread count sheet sets over 350 they should be looked at by quality of cotton.

The best cotton is made in Egypt, Turkey or Portugal. The hot days and cold nights of growing the cotton created long, strong threads.

You can purchase sheets sets with 800-1500 thread count and think you are getting high quality but be careful — if cheap cotton is used, then you will get wrinkles and pilling within just a few washes.

I like to choose sheet sets that have subtle colour — look for pale blue/grey, lavender or cream sheets to add a refined fashionable colour under the duvet.

Pillows: Some like feather and some like synthetic fill. I always suggest having a mixture on the bed so that you have variety. This is especially important in a guest room where you may not know your guest's preferences.

A feather/down pillow will offer a cushy/soft landing for your head while a synthetic pillow will give support to your head and neck.

Always protect your new pillows with a zip-up pillow case. This will keep it free from dust and stains from hair products and drool.

Don't be afraid to wash your pillow in the gentle cycle of the washing machine either!

Duvet fills: A good quality down duvet will alway look great and give a full, puffy look to the top of the bed.

Down is also lightweight, so a large comforter won't be too heavy to sleep under.

Synthetic comforters are great (and less expensive) for children and kids away at school as they can be washed in good hot water and are indestructible.

Silk fibre fill offers the luxurious loftiness of down with the non-allergy worries of the feathers.

Top bedding looks for fall

Spa-like: Organic cotton or linen sheets, baby-soft wool throws in pale, light colours are what soothes the mind and body after a hard day.

You relax just looking at the bed and once you jump in you may never want to get out. Pale colours such as greys, blues, taupes and off-white keep the overall feeling light and airy.

Gypsy-traveller: This eclectic mix of fabrics and prints give a young-spirited look to the bedroom.

ISTOCK

▶ Make bedtime your favourite time of day.

CONTRIBUTED

▶ A splash of colourful pillows and a throw turns neutral bedding into a trendsetter's bedroom (Crate and Barrel).

Tie-dyed throws, patchwork duvets and bright coloured sheet sets allow for a fun mix-and-match style to the bedroom.

Go bold with this look or don't do it at all.

Orange, rust, reds, peacock green, navy are just a few strong colours to be used for a gypsies, tramps and thieves look in the bedroom.

Embed some style

- **Shams:** A few large pillows help to create a focal point to the bedroom, especially if you are without a headboard.
- **Bed runners:** These add colour and texture to a plainly dressed bed. Think of it as a table runner — about 7-10 feet long — a scrap of beautiful fabric or a piece of vintage drape works perfectly.
- **Headboards:** HomeSense and Home Depot have lightweight, upholstered headboards covered in the chicest of fabrics for very reasonable prices. Go for a durable covering like leather, vinyl or ultra suede in a nice neutral colour.

Pop of colour: Take a perfectly good neutral like grey, cream or gold and layer it all over the bed in various hues.

Then add a few dramatically coloured cushions or a throw in rust, purple or turquoise.

It's a safe way to dress the bed yet stay in fashion with the season's hottest colours.

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*Illustration only, results depend on your information. Calculations based on $200,000, 5-year closed fixed-rate mortgage at 4.24% and 25-year amortization with: one-time prepayment of 2% cash back ($4,000), $3,000 annual prepayment, plus, switch from monthly to accelerated bi-weekly payments of $590. Result: total amortization reduction of 11 years. [1]Cash back based on a 5-year fixed-rate closed or 5-year CIBC Variable Flex Mortgage with a principal mortgage amount of $200,000. Cash back amount is 2% of mortgage principal. Mortgage principal must be minimum $75,000 for cash back offer and must fund within 30 days from date of application to qualify. Limit 1 cash back offer per mortgage. Conditions and restrictions apply. Offer may change or be withdrawn at any time. [2]Variable rate as of July 1, 2011; rate based on CIBC Prime and may change at any time without notice. Annual Percentage Rate (APR) means the cost of borrowing for a mortgage loan, including all interest and non-interest charges. As CIBC does not charge fees on most mortgages, the annual interest rate and APR are usually identical. ®Registered trademark of CIBC. "CIBC For what matters." is a trademark of CIBC.

Carpets make a comeback

Take that, hardwood: Carpets make rooms feel warmer and reduce noise, say designers Go for rich colours, bold patterns and luxurious textures

After years of being ripped out and kicked to the curb, carpet is making a comeback. And not just the neutral-toned carpets of recent years, but ones that are boldly coloured or patterned.

The softer, cosier feel of wall-to-wall carpet is appealing to homeowners used to treading on tile and wood, said Emily Morrow, director of colour, style and design for Shaw Floors, a company in Dalton, Ga., that specializes in carpet, laminate, tile and hardwood flooring.

"They've experienced those hard surfaces, and they want to surround themselves with the comfort of carpet," she said.

While hardwood or tile can be great for entryways or other high-traffic areas, some rooms — bedrooms, play rooms, studies and family rooms — cry out for carpeting, said Eric Ross, an interior designer in Franklin, Tenn.

"Carpet is really trending up," he said. "You're going to see more and more of it."

Manufacturers have responded by creating carpets with rich colours, patterns and textures designed to be a focal point, rather than just a neutral backdrop.

The new choices are available at a variety of price points.

"It has gotten exciting again" after years of playing it safe, Morrow said.

Clients are using carpet to make a statement, agreed Linda Merrill, an interior designer in Duxbury, Mass. "If carpet is the right choice for a specific space, they feel freer to pick something a little more exciting," she said. "There are a lot of different colours and different options."

Some of the over-the-top ideas from television shows also have freed people to experiment more with decorating, she said.

And the pervasiveness of patterns and bright colours in housewares and home furnishings in recent years has made people more open to colour.

"We see so much pattern in so many things," she says. "We're just bombarded with it."

Those who are hesitant to choose a patterned carpet often create an impact with a textured one, said Jennifer Bardsley, an interior designer in Hingham, Mass.

Those carpets, created by using yarns of different lengths or densities, can spice up a space and add more interest to a room.

THE ASSOCIATED PRESS

Get colour happy

More vibrant carpets often create a more customized feel, says interior designer Linda Merrill.

With the slumping real estate market, homeowners are indulging their personal tastes and worrying less about how their choices will affect the resale value of their home, she said.

MICHAEL K. WILKINSON/BOSSY COLOR/THE ASSOCIATED PRESS

No more neutral tones: More and more people are putting brightly coloured carpet into their homes.

WHEN 'OFF-WHITE' ISN'T YOUR DESIRED LOOK

CHARLES THE BUTLER

ASKCHARLESTHEBUTLER@METRONEWS.CA
FOR MORE, VISIT CHARLESMACPHERSON.COM

Hi Charles,
As a university student that once utilized an overly kind mother to keep all his whites white, now I find myself looking for advice.

What is the best way to clean a polyester-spandex blend baseball cap without damaging it? A man must keep up appearances.

Signed,
Rob

Dear Rob,

My first initial reaction is that you should call and ask your mom, first because I'm sure she would love to hear from you, but secondly she will tell you how she cleaned it in the past.

Remember to always follow label directions.

Now if the hat is just normally dirty, my first try would be just regular good old laundry soap, if the hat needs to be "whitened" then, try Oxyclean, follow the directions, and remember the secret with Oxyclean is to let it soak.

GOT A QUESTION? EMAIL CHARLESTHEBUTLER@METRONEWS.COM

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5 tips for a clutter-free home

- What to do when 'stuff' takes over your house and makes you miserable
- An organized space will leave you feeling more relaxed and comfortable

DIY IDEAS

Mail, toys, clothing, knick-knacks — these are just a few examples of things that can pile up in our homes.

Consumed is a new Canadian TV series that tackles clutter head-on.

It's an extreme home experiment that challenges Canada's most overwhelmed pack-rat families to survive for 30 days with only the bare essentials.

Series host Jill Pollack is a de-cluttering expert who guides families through a unique shock-therapy process that allows them to cut through their physical and emotional clutter and rebuild their lives from scratch. Pollack gives Metro readers five simple tips to help reduce household clutter:

1. Tidy under the sink
Remove anything that's not cleaning-related.

Streamline your cleaning products — one product will usually clean a number of areas in your home.

Colour-code sponges for consistency.

2. Hang a bulletin board
Keep track of events, happenings and issues in the family, and tack items like event tickets or wedding invitations.

Think of it as a revolving inbox.

3. Organize the hall closet
Use an over-the-door plastic shoe bag for items you need when you're walking out the door.

Create a high row of hooks for hats and a low row for kids' coats and backpacks.

4. Create order at the doorway
Use a wicker basket to hold keys, wallets and cellphones, and another for mail.

Stop junk mail at the source by registering for a service to prevent unsolicited mail.

5. Manage your media
Store your CD collection in the sleeves of a media book. Get rid of audio cassettes and VHS tapes unless they are family home movies.

Keep your remotes in a basket on top of the media centre.

CONSUMED LAUNCHES TUESDAY, AUG. 30, AT 10 P.M. ET/PT ON HGTV CANADA.

De-cluttering pro

Jill Pollack is a de-cluttering expert and host of the new series Consumed on HGTV Canada.

▶ Jill Pollack

ALL IMAGES ISTOCK

1

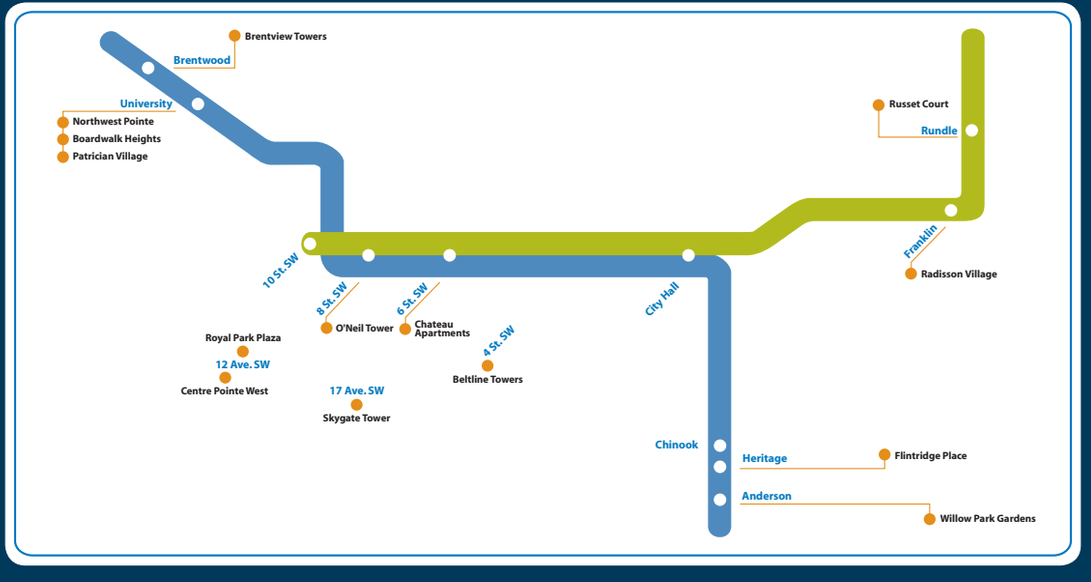
3

2

4

5

We are on your route!



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MATTHEW MEAD/ THE ASSOCIATED PRESS

▶ A puree of olives, anchovies, garlic, capers, olive oil and thyme is the star of this recipe.

Wrap it up

Looking to pack a lot of flavour into a simple dish?
Combine savoury ingredients to make tapenade

When you need to jam a lot of flavour into a simple dish, reach for an umami bomb. That is, foods that are jammed with the fifth taste — savoury (to go along with bitter, sweet, salty and sour).

It's the reason tapenade — an olive, anchovy, garlic, caper, olive oil and thyme puree — is so great. It's salty, savoury and pungently delicious. Don't let the anchovies spook you. You'll never know they are there, but the flavour isn't the same without them.

Roasted Chicken Tapenade Wraps

Ingredients:

- 375 ml (1 1/2 cups) pitted kalamata olives
- 2 anchovies
- 3 cloves garlic
- 10 ml (2 tsp) capers
- 45 ml (3 tbsp) olive oil
- Zest and juice of 1/2 lemon
- 10 ml (2 tsp) chopped fresh thyme
- Pinch red pepper flakes
- Salt and ground black pepper, to taste
- 4 large flour tortillas
- Bibb or Boston lettuce leaves
- Meat from a 750-g (1 1/2-lb) rotisserie chicken
- 1 jar (340 ml/12 oz) roasted red peppers, drained, patted dry and chopped
- 125 ml (1/2 cup) grated Parmesan cheese

Preparation:

1 In a food processor, combine olives, anchovies, garlic, capers, olive oil, lemon zest and juice, thyme and red pepper flakes. Pulse until very finely chopped. Season with salt and pepper, then pulse again.

2 Spoon 15 to 30 ml (1 to 2 tbsp) of the tapenade over each tortilla. Top with several leaves of lettuce, a quarter each of the rotisserie chicken, red peppers and Parmesan. Wrap the sides of the tortilla up around the fillings. The Roasted Chicken with Tapenade wraps can be eaten as is or heated in a 180 C (350 F) oven.

THE ASSOCIATED PRESS

Weekly Cookbook

In her book Live Raw: Raw Food Recipes For Good Health and Timeless Beauty (Thomas Allen & Son, 2011), Mimi Kirk reveals how living raw — eating a vegetarian, and ideally raw diet — can make you look and feel amazing.

Kirk provides advice on detoxifying, what you need to eat every day and why as well as more than 120 raw food recipes such as Zucchini Noodles and Peanut Sauce, Caramelized Onion Bread, Mushroom with Basil Pesto Sauce, Chocolate Caramel Bars and much more.

A glimpse of the future?

NHL tests possible rule changes using prospects for 2012 draft

There are 27 potential changes being looked at during the NHL's research and development camp and it's possible that not a single one will ever make its way into the league.

The same can't be said of the players who are serving as guinea pigs this week.

One of the most important aspects of the two-day event is the fact top prospects for the 2012 draft are the ones competing in scrimmages with the different rules. Even NHL executive Brendan Shanahan, who is in charge of the camp, harbours no illusions about why roughly half of the league's 30 general managers interrupted their summer vacation to attend.

"The truth is that we coax a lot of them here with the 36 best 17-year-olds in North America," Shanahan said yesterday. "It's sort of once we get them under the roof, as they're scouting these kids, they get trapped into a conversation about hockey and the future of the game."

The NHL makes no secret about the fact that virtually none of the tweaks or changes being looked at will be officially adopted. Even if a rule garners interest here, it would likely be at least a year before it could be added to the rulebook because it would require approval from the general managers, competition committee and board of governors.

If anything, the research and development camp is more about identifying trends and gathering data that could be useful well down the road.

"This gives us an opportunity to try new things, look at things, even if we never implement them," said NHL commissioner Gary Bettman. "It really gives us a chance to take a deep breath — not during the season, when everybody's worrying about the game they have to play — and make sure that we are comfortable with where we are."

THE CANADIAN PRESS

The ideas

Some of the concepts being tested include:

- **Overtime:** Seven minutes of overtime instead of five with both 3-on-3 and 4-on-4 scenarios tested. Three minutes of 3-on-3 play to follow four minutes of scoreless 4-on-4 action.
- **Shootouts:** Five players from each team will shoot and if the score remains tied, the same players can take another crack in a sudden-death format.
- **Bear hug:** Players will be permitted to wrap their opponent up when taking him into the boards without being called for a holding penalty.

TORSTAR NEWS SERVICE

AMY DEMPSEY/TORSTAR NEWS SERVICE

▶ Prospects help test new faceoff rules yesterday in Toronto. Rules include: The same linesman drops the puck for all faceoffs and all faceoffs take place only in a faceoff circle.

NHL willing to look closer at support program

NHL commissioner Gary Bettman expects the league to review its substance abuse and behavioural health program following the death of two players over the summer.

Winnipeg Jets forward Rick Rypien and New York Rangers tough guy Derek Boogaard both spent time in the program, which is run in conjunction with the NHL Players' Association.

"My guess is we'll talk at the appropriate time with the players' association, making sure that we're comfortable with all of the mechanisms and programs we have in place, which are extensive," Bettman told The Canadian Press at the league's research and development camp in Toronto yesterday. "I don't think any sports league does more than we do but maybe there's more, as we focus on it, that we need to focus on. I know it's always hard for people to accept, but sports is a microcosm of society in general.

"I think there certainly has to be some work done in addressing issues. ... If anything can be done to help future players, we certainly need to do it."

NHLPA UNION EXECUTIVE MATHIEU SCHNEIDER

"And life isn't always easy."

Rypien died Monday at his off-season home in Crowsnest Pass, where an RCMP official said a call was answered for a "sudden and non-suspicious" death. He was 27.

Boogaard died at age 28 in May due to an accidental mix of alcohol and the painkiller oxycodone.

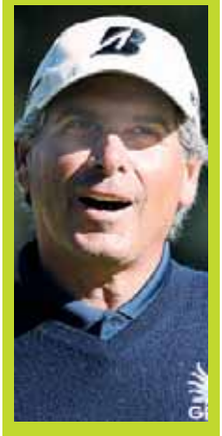
In an effort to protect the privacy of those involved in the program, both the league and union are reluctant to divulge specific details about how it functions.

Rypien twice took a leave of absence during his six seasons with the Canucks organization to deal with personal issues. Shortly after Boogaard's death, the New York Post reported he had been receiving counselling through the NHL-NHLPA program.

THE CANADIAN PRESS

4 sports

Quoted



"He can't just show up the week before in Australia."

U.S. CAPTAIN FRED COUPLES, WHO WANTS TIGER WOODS ON THE PRESIDENTS CUP TEAM, PROVIDED WOODS PLAYS TOURNAMENTS BEFORE HE SHOWS UP AT THE AUSTRALIAN OPEN A WEEK BEFORE THE MATCHES.

Scan code for more sports.

MAJOR LEAGUE BASEBALL

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
New York	74	47	.612	—
Boston	74	48	.607	½
Tampa Bay	66	56	.541	8½
Toronto	62	60	.508	12½
Baltimore	47	74	.388	27

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	65	58	.528	—
Cleveland	61	58	.513	2
Chicago	61	61	.500	3½
Minnesota	54	68	.443	10½
Kansas City	51	73	.411	14½

WEST DIVISION

	W	L	Pct	GB
Texas	71	52	.577	—
Los Angeles	65	58	.528	6
Oakland	55	68	.447	16
Seattle	53	68	.438	17

Yesterday's results
Cleveland 4 Chicago White Sox 1
Kansas City 5 N.Y. Yankees 4
Oakland 6 Baltimore 5
Tampa Bay 4 Boston 0
Minnesota 6 Detroit 5
Texas at L.A. Angels
Toronto at Seattle
Tuesday's results
Toronto 13 Seattle 7
Boston 3-2 Tampa Bay 1-6
Chicago White Sox 8 Cleveland 7 (14 innings)
Detroit 7 Minnesota 1
N.Y. Yankees 9 Kansas City 7
Oakland 8 Baltimore 4
Texas 7 L.A. Angels 3
Tonight's Games
All Times Eastern
Boston (Beckett 9-5) at Kansas City (Hochevar 8-9), 8:10 p.m.
Cleveland (Masterson 9-7) at Chicago White Sox (Humber 8-8), 8:10 p.m.
N.Y. Yankees (Sabathia 16-7) at Minnesota (Duensing 8-11), 8:10 p.m.
Toronto (R.Romero 11-9) at Oakland (Cahill 9-11), 10:05 p.m.
Texas (C.Lewis 11-8) at L.A. Angels (Weaver 14-6), 10:05 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Philadelphia	79	42	.653	—
Atlanta	72	52	.581	8½
New York	60	63	.488	20
Washington	58	63	.479	21
Florida	57	66	.463	23

CENTRAL DIVISION

	W	L	Pct	GB
Milwaukee	73	51	.589	—
St. Louis	66	58	.532	7
Cincinnati	60	63	.488	12½
Pittsburgh	58	64	.475	14
Chicago	54	70	.435	19
Houston	40	84	.323	33

WEST DIVISION

	W	L	Pct	GB
Arizona	69	54	.561	—
San Francisco	67	57	.540	2½
Colorado	58	67	.464	12
Los Angeles	55	67	.451	13½
San Diego	55	70	.440	15

Yesterday's results
Cincinnati 2 Washington 1
Colorado 12 Florida 5
Houston 4 Chicago Cubs 3
Milwaukee 3 L.A. Dodgers 1
N.Y. Mets 7 San Diego 3
Philadelphia 9 Arizona 2
San Francisco 7 Atlanta 5
St. Louis 7 Pittsburgh 2
Tuesday's results
Arizona 3 Philadelphia 2
Atlanta 2 San Francisco 1 (11 innings)
Florida 6 Colorado 5
Houston 6 Chicago Cubs 5
Milwaukee 2 L.A. Dodgers 1
Pittsburgh 5 St. Louis 4 (11 innings)
San Diego 6 N.Y. Mets 1
Washington 6 Cincinnati 4
Today's games
All Times Eastern
L.A. Dodgers (Kershaw 14-5) at Milwaukee (Estrada 3-7), 2:10 p.m.
Arizona (I.Kennedy 15-3) at Philadelphia (Worley 8-1), 7:05 p.m.
Cincinnati (Arroyo 7-9) at Washington (Zimmermann 7-10), 7:05 p.m.
San Francisco (Lincecum 11-9) at Atlanta (Minor 2-2), 7:10 p.m.
Florida (Vazquez 7-10) at San Diego (Stauffer 7-9), 10:05 p.m.

PHILLIES 9, DIAMONDBACKS 2

Arizona	ab	r	h	bi	Philadelphia	ab	r	h	bi
Blmqst ss	4	0	0	0	Rollins ss	3	1	2	2
RRorts 2b	3	0	1	0	Victorn cf	4	0	2	1
J.Upton rf	4	0	0	0	Utley 2b	5	0	0	0
CYoung cf	3	1	0	0	Howard 1b	4	1	1	0
Gldsch 1b	2	1	1	2	Pence rf	2	3	2	0
Ransm 3b	3	0	0	0	Mayrry lf	4	2	3	1
Cowgill lf	3	0	0	0	WValdz 3b	4	2	1	2
HBlanc c	3	0	0	0	Schndr c	3	0	1	1
JSndrs p	2	0	1	0	Cl.Lee p	2	0	0	0
Patersn p	0	0	0	0	BFrncs ph	0	0	0	1
Brrghs ph	1	0	0	0	Bastrd p	0	0	0	0
Ziegler p	0	0	0	0	Ibanez ph	1	0	0	0
Duke p	0	0	0	0	Madson p	0	0	0	0
Totals	**28**	**2**	**3**	**2**	**Totals**	**32**	**9**	**12**	**8**
Arizona					020 000 000			—	**2**
Philadelphia					110 000 34x			—	**9**

E—Ransom (3), R.Roberts (11), Ziegler (1). DP—Arizona 1, Philadelphia 2. LOB—Arizona 2, Philadelphia 6. 2B—Victorino (21), Pence (30), W.Valdez (9). HR—Goldschmidt (3), Rollins (14). SB—Rollins (28), Victorino (16). CS—Rollins (7). S—Schneider. SF—Rollins, B.Francisco.

Arizona	IP	H	R	ER	BB	SO
J.Saunders L,8-10	6	5	5	5	4	3
Paterson	1	2	0	0	0	0
Ziegler	0	3	4	1	0	0
Duke	1	2	0	0	0	0
Philadelphia						
Cl.Lee W,13-7	7	3	2	2	2	7
Bastardo H,12	1	0	0	0	0	0
Madson	1	0	0	0	1	1

T—2:47. A—45,894 (43,651) at Philadelphia.

LATE TUESDAY

BLUE JAYS 13, MARINERS 7

Toronto	ab	r	h	bi	Seattle	ab	r	h	bi
YEscor ss	5	0	1	0	ISuzuki rf	5	0	0	0
JMcDnl ph-ss	1	0	1	0	FGtrrz cf	5	0	0	0
EThms lf	6	2	2	0	Ackley 2b	3	1	1	0
Bautist rf	2	3	2	2	Carp 1b	4	2	2	0
McCoy ph-rf	1	0	0	0	C.Wells dh	5	1	1	2
Lind 1b	5	1	1	0	Olivo c	2	2	1	1
Encrnc dh	2	3	1	0	J.Bard c	2	0	1	0
Rasms cf	4	1	1	4	Roinsn lf	5	1	2	2
Lawrie 3b	4	2	3	1	Seager 3b	3	0	2	2
A.Hill 2b	4	1	2	4	JaWlsn ss	4	0	1	0
Arencii c	5	0	1	1					
Totals	**39**	**13**	**15**	**12**	**Totals**	**38**	**7**	**11**	**7**
Toronto					600 043 000			—	**13**
Seattle					033 010 000			—	**7**

E—E.Thames (2). DP—Seattle 1. LOB—Toronto 8, Seattle 10. 2B—Encarnacion (30), Rasmus (6), Robinson (4). HR—Bautista (35), A.Hill (6), C.Wells (9), Olivo (15). SF—Rasmus, A.Hill.

Toronto	IP	H	R	ER	BB	SO
Mills	3	6	6	6	3	3
L.Perez W,2-2	4	3	1	1	2	3
Camp	2	2	0	0	0	4
Seattle						
Vargas L,7-11	4	7	8	8	4	2
Wilhelmsen	2-3	1	2	2	2	0
Laffey	1.1-3	4	3	3	1	0
Lueke	3	3	0	0	0	0

T—3:18. A—23,089 (47,878) at Seattle.

CFL

WEEK EIGHT

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
Winnipeg	7	6	1	0	182	130	12
Montreal	7	5	2	0	222	156	10
Hamilton	7	4	3	0	189	176	8
Toronto	7	1	6	0	160	215	2

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
Calgary	7	5	2	0	194	172	10
Edmonton	7	5	2	0	173	154	10
B.C.	7	1	6	0	167	202	2
Saskatchewan	7	1	6	0	147	229	2

Byes: Calgary, Hamilton, Montreal, Winnipeg
Tonight's game
All Times Eastern
Saskatchewan at Toronto, 7:30 p.m.
Tomorrow's game
B.C. at Edmonton, 9 p.m.

NFL

PRE-SEASON

Tonight's games — All Times Eastern
New England at Tampa Bay, 7:30 p.m.
Philadelphia at Pittsburgh, 8 p.m.
Tomorrow's games
Washington at Indianapolis, 7 p.m.
Carolina at Miami, 7:30 p.m.
Detroit at Cleveland, 7:30 p.m.
Kansas City at Baltimore, 7:30 p.m.
Arizona at Green Bay, 8 p.m.
Atlanta at Jacksonville, 8 p.m.
Saturday's games
Oakland at San Francisco, 8 p.m.
Tennessee at St. Louis, 8 p.m.
New Orleans at Houston, 8 p.m.
Buffalo at Denver, 8:30 p.m.
Minnesota at Seattle, 10 p.m.
Sunday's games
Cincinnati at N.Y. Jets, 7 p.m.
San Diego at Dallas, 8 p.m.
Monday's game
Chicago at N.Y. Giants, 8 p.m.

LACROSSE

MINTO CUP

CANADIAN JUNIOR CHAMPIONSHIP

At Okotoks, Alta.
Saturday's games — All Times Eastern
Coquitlam vs. Edmonton, 6:45 p.m.
Whitby vs. Okotoks, 10 p.m.
Sunday's games
Coquitlam vs. Whitby, 7 p.m.
Edmonton vs. Okotoks, 10 p.m.
Tuesday, Aug. 23
Whitby vs. Edmonton, 7 p.m.
Okotoks vs. Coquitlam, 10 p.m.

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Columbus	24	10	7	7	27	23	37
Philadelphia	23	8	5	10	29	22	34
Kansas City	24	8	7	9	35	31	33
Houston	25	7	7	11	31	30	32
New York	25	6	6	13	39	35	31
D.C. United	22	7	6	9	33	33	30
Toronto	26	4	11	11	25	46	23
New England	25	4	12	9	24	37	22
Chicago	23	2	7	14	25	32	20

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Los Angeles	25	13	3	9	35	20	48
Dallas	25	12	6	7	33	26	43
Seattle	25	11	5	9	35	27	42
Colorado	26	10	6	10	37	32	40
Real Salt Lake	22	10	6	6	30	17	36
Chivas USA	24	7	8	9	30	26	30
Portland	24	7	12	5	30	40	26
San Jose	24	5	9	10	26	32	25
Vancouver	24	3	12	9	25	40	18

Last night's results
Houston 1 New England 1
Kansas City 3 Portland 1
Tonight's game
All Times Eastern
D.C. United at Chicago, 9 p.m.
Saturday's games
Philadelphia at Columbus, 7:30 p.m.
New York at New England, 7:30 p.m.
Real Salt Lake at Houston, 8:30 p.m.
Chivas USA at Colorado, 9 p.m.
Seattle at Dallas, 9 p.m.
Vancouver at Portland, 10 p.m.
San Jose at Los Angeles, 10:30 p.m.
Sunday's games
Toronto at Chicago, 7 p.m.
D.C. United at Kansas City, 8:30 p.m.

NASL

	GP	W	L	T	GF	GA	Pt
x-Carolina	21	14	4	3	41	19	45
Puerto Rico	21	11	5	5	32	25	38
Tampa Bay	21	8	6	7	33	29	31
Minnesota	21	7	6	8	23	21	29
Fort Lauderdale	21	6	5	10	30	28	28
Edmonton	21	7	9	5	23	30	26
Montreal	21	4	10	7	23	25	19
Atlanta	21	3	15	3	19	47	12

x — clinched playoff berth.
Last night's result
Minnesota 1 Carolina 1
Saturday's games
All Times Eastern
Minnesota at Montreal, 2:30 p.m.
Fort Lauderdale at Carolina, 7 p.m.
Puerto Rico Islanders at Tampa Bay, 7 p.m.
Sunday's game
Atlanta at Edmonton, 9:30 p.m.

UNDER-20 WORLD CUP

Last night's results
Semifinals
At Medellin, Colombia
Portugal 2 France 0
At Pereira, Colombia
Brazil 2 Mexico 0
Saturday's games
At Bogota, Colombia
All Times Eastern
Third Place
France vs. Mexico, 6 p.m.
Championship
Portugal vs. Brazil, 9 p.m.

UEFA CHAMPIONS LEAGUE

PLAYOFFS

FIRST LEG
(home teams listed first)
Yesterday's results
Bayern Munich (Germany) 2 Zurich (Switzerland) 0
Dinamo Zagreb (Croatia) 4 Malmo (Sweden) 1
Maccabi Haifa (Israel) 2 Genk (Belgium) 1
Odense (Denmark) 1 Villarreal (Spain) 0
Wisla Krakow (Poland) 1 APOEL (Cyprus) 0
Tuesday's results
Arsenal (England) 1 Udinese (Italy) 0
BATE Borisov (Belarus) 1 Sturm Graz (Austria) 1
Copenhagen (Denmark) 1 Viktoria Plzen (Czech Republic) 3
Lyon (France) 3 Rubin Kazan (Russia) 1
Twente (Netherlands) 2 Benfica (Portugal) 2

CONCACAF CHAMPIONS LEAGUE

SECOND ROUND

GROUP STAGE
Last night's results
Colorado Rapids (U.S.) 3 Isidro Metapan (El Salvador) 2
FC Dallas (U.S.) 1 Pumas UNAM (Mexico) 0
Monterrey (Mexico) 5 Herediano (Costa Rica) 0
Tuesday's results
Alajeulense (Costa Rica) 1 Morelia (Mexico) 0
L.A. Galaxy (U.S.) 2 Motogua (Honduras) 0
Santos Laguna (Mexico) 3 Real Espana (Honduras) 2
Seattle Sounders (U.S.) 4 Comunicaciones (Guatemala) 1
Tonight's game
All Times Eastern
Tauro (Panama) vs. Toronto FC, 8 p.m.

TENNIS

ATP-WTA WESTERN & SOUTHERN OPEN

At Mason, Ohio
Men
Singles — Second Round
Novak Djokovic (1), Serbia, def. Ryan Harrison, U.S., 6-2, 6-3.
Rafael Nadal (2), Spain, def. Julien Benneteau, France, 6-4, 7-5.
Andy Murray (4), Britain, def. David Nalbandian, Argentina, 6-4, 6-1.
David Ferrer (5), Spain, def. Grigor Dimitrov, Bulgaria, 4-6, 6-1, 7-5.
Gael Monfils (6), France, def. Ivan Dodig, Croatia, 4-6, 6-3, 4-0 (retired).
Mardy Fish (7), U.S., def. Nikolay Davydenko, Russia, 6-0, 6-2.
Nicolas Almagro (9), Spain, def. Ivo Karlovic, Croatia, 6-3, 5-7, 7-6 (2).
Gilles Simon (10), France, def. Janko Tipsarevic, Serbia, 6-7 (3), 6-2, 6-3.
Richard Gasquet (14), France, def. Kevin Anderson, South Africa, 7-6 (4), 6-4.
Alex Bogomolov, Jr., U.S., def. Jo-Wilfried Tsonga (15), France, 6-3, 6-4.
Women
Singles — Second Round
Christina McHale, U.S., def. Caroline Wozniacki (1), Denmark, 6-4, 7-5.
Vera Zvonareva (2), Russia, def. Ekaterina Makarova, Russia, 6-3, 6-0.
Shahar Peer, Israel, def. Victoria Azarenka (3), Belarus, 6-2, 6-3.
Sam Stosur (10), Australia, def. Serena Williams, U.S. (walkover).
Jelena Jankovic (13), Serbia, def. Zheng Jie, China, 4-6, 6-3, 6-1.
Svetlana Kuznetsova (14), Russia, def. Petra Cetkovska, Czech Republic, 4-6, 6-3, 6-4.
Nadia Petrova, Russia, def. Ana Ivanovic (15), Serbia, 6-3, 7-6 (4).
Peng Shuai (16), China, def. Sara Errani, Italy, 6-2, 6-4.

TRANSACTIONS

MLB

AMERICAN LEAGUE

SEATTLE—Acquired RHP Chance Ruffin from Detroit to complete an earlier trade. Designated LHP Aaron Laffey for assignment. Signed RHP Victor Sanchez and OF Jose Leal.

NATIONAL LEAGUE

CHICAGO CUBS—Recalled RHP Casey Coleman from Iowa (PCL). Optioned LHP Scott Maine to Iowa.
COLORADO—Acquired LHP Drew Pomeranz from Cleveland to complete an earlier trade and assigned him to Tulsa (Texas).
PHILADELPHIA—Placed 3B Placido Polanco on the 15-day DL, retroactive to Aug. 7. Selected the contract of RHP Michael Schwimer from Lehigh Valley (IL).

CFL

WINNIPEG—Signed FB Michel-Pierre Pontbriand to the practice roster.

NFL

LEAGUE OFFICE—Fined Detroit DE Ndamukong Suh $20,000 for a hit on Cincinnati QB Andy Dalton in an Aug 12 game.
DETROIT—Waived/injured S Randy Phillips. Signed S Aaron Francisco. Released OL Jeff Maddux and CB Maurice Leggett from injured reserve.
N.Y. JETS—Agreed to terms with LB Aaron Maybin. Waived WR Cordarol Scales and CB Richard Taylor.
PITTSBURGH—Signed DB Kevin Dockery and DB Macho Harris. Placed WR Limas Sweed on the waived/injured list. Waived TE Eugene Bright.
SAN FRANCISCO—Signed QB Josh McCown to a one-year contract.

NBA

SAN ANTONIO—Named Matt Herring director of athletic performance.

NHL

PHOENIX—Signed a one-year affiliation agreement with Gwinnett (ECHL).

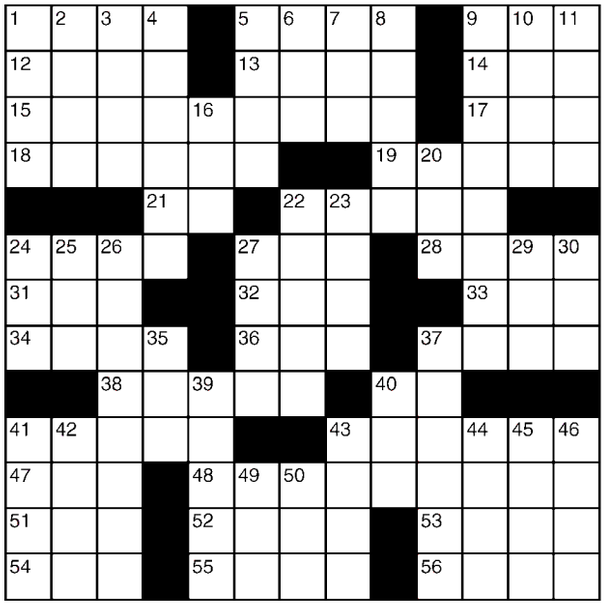
AHL

PROVIDENCE—Signed F Calle Ridderwall.
SPRINGFIELD—Signed G Paul Dainton and C Chris D'Alvise to one-year contracts.

MLS

LOS ANGELES—Traded F Juan Pablo Angel to Chivas USA for a 2012 third-round pick draft in the Supplemental Draft.

Crossword



Across

1 Lose it
5 Bit of derring-do
9 Wager
12 Top-notch
13 Jason's ship
14 "Go, team!"
15 Fictional girl detective
17 Work with
18 Plumed military hats
19 Host
21 Type measure
22 Donny's sister
24 Brazen
27 Highland hat
28 Skirt feature, maybe
31 Shock and —
32 Catcher's place?
33 A billion years
34 Accomplishment
36 Dawn goddess
37 Penny
38 Marine from Mayberry
40 "Little Women" woman
41 Less improved
43 Mountain range
47 A Gershwin
48 Super Bowl XLIV MVP
51 Chaps
52 Tittle
53 Money
54 Cauldron
55 Vacationing
56 Art Deco pioneer

Down

1 Without
2 Ark captain
3 Faris or Paquin
4 Ate like a bird
5 Crazes
6 Blunder
7 Time of your life?
8 Pisa landmark
9 Martial-arts film star
10 Facility
11 Quaker's pronoun
16 Thither
20 Wrong (Pref.)
22 City head
23 Iowa city
24 Awful
25 Have debts
26 "Shampoo" Oscar winner
27 Genealogy chart
29 Charged bit
30 Stick with a kick
35 Two, in Tijuana
37 Strong-arm
39 TV, radio, etc.
40 Triangular sail
41 Weakling
42 Black-and-white cookie
43 Convince
44 Back
45 Leftovers
46 Arthur of tennis
49 Tier
50 Greek vowel

▶ Yesterday's answer

A	R	E	A		E	T	C		C	H	O	W
G	A	V	E		L	E	I		L	A	K	E
O	V	E	R	H	A	N	G		E	N	I	D
G	E	N	I	U	S		A	D	A	G	E	S
			E	S	T		R	E	N	O		
A	M	P		H	I	M		B	E	V	E	L
L	O	A	M		C	A	D		D	E	M	O
B	A	S	I	L		P	E	P		R	U	B
		S	N	A	P		P	O	L			
A	V	O	U	C	H		R	O	A	D	I	E
H	I	V	E		O	V	E	R	P	A	S	S
O	V	E	N		T	I	S		S	N	I	P
Y	A	R	D		O	P	S		E	A	S	Y

Sudoku

4				6		2		
5					2	3		6
			3			9		
		8	7		1	6		2
7		4	6		9	5		
		2			4			
1		3	8					5
		6		7				8

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

1	7	8	3	6	9	5	4	2
3	2	5	8	4	7	9	6	1
9	4	6	2	1	5	3	8	7
7	5	4	1	9	3	8	2	6
6	8	3	5	2	4	1	7	9
2	1	9	7	8	6	4	3	5
8	3	1	9	7	2	6	5	4
4	9	2	6	5	8	7	1	3
5	6	7	4	3	1	2	9	8

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

Lusquiggles, you are the most amazing person on earth. I love your smiles and your hugs and kisses, even though we haven't seen each other for two months and we were 5339.385 kilometres apart. Sending kisses 30,000 feet in the air for a safe flight home to me. xox **NOVIA**

Boo Behr, Since the first night, when I kissed u surprisently under the big red ball, I knew u were, "who" our creator sent 2 me,I'll love you always and forever my big behr xoxo luv ur wife 4 life **THE KAT**

Dear Rez, Happy 3rd wedding anniversary. We are yet to go on our honeymoon. But know: everyday with you is like a honeymoon. You make me complete. u're everything a girl wants in a man and more. Love you with all my heart. **YOUR OTHER HALF**

A look at the weather

TODAY	FRIDAY	SATURDAY
Min 7°	Min 5°	Min 8°
Max 16°	Max 18°	Max 22°

Andrew Schultz, Meteorologist
"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta". **WEEKDAYS 6AM**

BT BREAKFAST TELEVISION

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 By all means, disagree with someone whose authority you don't respect.

♉ Taurus April 21-May 21 You may be willing to change your plans to fit in with someone else's schedule but don't think you must.

♊ Gemini May 22-June 21 You may be annoyed that a pal didn't consult you before changing his or her plans, but don't let it show.

♋ Cancer June 22-July 22 You have a long road ahead of you, so don't take on any more responsibilities. Stop wasting your energy.

♌ Leo July 23-Aug.23 Even routine matters are likely to change today, so don't plan too far ahead.

♍ Virgo Aug. 24- Sept. 22 You're about to discover that your sympathy for someone you thought was in trouble was entirely misplaced.

♎ Libra Sept. 23-Oct. 23 You have a tendency to fear the worst. The planets indicate that nothing hurtful is going to happen.

♏ Scorpio Oct. 24-Nov. 22 Someone you meet today will inspire you and you will go out of your way to copy their success.

♐ Sagittarius Nov. 23-Dec. 21 What someone tells you today might sound like good advice but read between the lines.

♑ Capricorn Dec. 22-Jan. 20 Disruptions are likely and you'll get angry with people who change their plans at the last moment.

♒ Aquarius Jan. 21-Feb. 18 Do you push ahead with something that is right for you but wrong for others? Listen to your conscience.

♓ Pisces Feb. 19-March 20. Help those in trouble but resist the urge to lecture. **SALLY BROMPTON**

Caption contest

BISWARANJAN ROUT/ THE ASSOCIATED PRESS

MARTIN MEISSNER/ THE ASSOCIATED PRESS

WIN!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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